

**PARTIES**

**Fri, July 27**  
**Birthday Party 10am**  
 Free (SRCNY)

**SPECIAL EVENTS & TRIPS**

**"Don't let Osteoarthritis of  
 the Knee Become a Pain"**  
**Educational Seminar**

**Tue, July 10**  
 11 am ~ 12 pm  
 Free (SRCE)

**Jubilee Theatre**

**Sat, July 14**  
 3:30 ~ 9:00pm  
 Fee: \$18 (SRCNY)

**Choctaw Casino**

**Tue, July 17**  
 7 am ~ 8 pm  
 Fee: \$20 (SRCE)

**Fort Worth Museum Of Science  
 and History**

**Fri, July 27**  
 8:30am ~ 3:30pm  
 Fee: \$24 (SRCNY)

**MEALS AT SRCNY****Breakfast**

**Monday ~ Friday**  
 8 ~ 10am

(You must sign up at least two days  
 in advance.)

Suggested Donation: \$1

**Lunch**

**Monday ~ Friday**  
 11:30am

(You must sign up at least one day  
 in advance.)

Suggested Donation: \$2

**MONDAY**

**2.**  
 8:00 Fitness Walking  
 8:30 Table Games  
 8:45 Strength Training  
 9:45 Tai Chi  
 10:00 Parkinson's Support  
 11:30 Prime Time Lunch

**9.**  
 8:00 Fitness Walking  
 8:30 Table Games  
 8:45 Strength Training  
 9:45 Tai Chi  
 10:00 Parkinson's Support  
 11:30 Prime Time Lunch

**16.**  
 8:00 Fitness Walking  
 8:30 Table Games  
 8:45 Strength Training  
 9:45 Tai Chi  
 10:00 Parkinson's Support  
 11:30 Prime Time Lunch

**23.**  
 8:00 Fitness Walking  
 8:30 Table Games  
 8:45 Strength Training  
 9:45 Tai Chi  
 10:00 Parkinson's Support  
 11:30 Prime Time Lunch

**30.**  
 8:00 Fitness Walking  
 8:30 Table Games  
 8:45 Strength Training  
 9:45 Tai Chi  
 10:00 Parkinson's Support  
 11:30 Prime Time Lunch

**TUESDAY**

**3.**  
 8:30 Balanced Power  
 8:30 Table Games  
 10:30 Joyful Singing  
 11:30 Prime Time Lunch  
**12:30 Dominos**

**10.**  
 8:30 Balanced Power  
 8:30 Table Games  
 10:30 Joyful Singing  
 11:30 Prime Time Lunch  
**12:30 Dominos**  
**3:00 Tuesday Dance**  
**5:00 Supper Club**  
**Chili's (I-30 & Collins)**

**17.**  
 8:30 Balanced Power  
 8:30 Table Games  
 10:30 Joyful Singing  
 11:30 Prime Time Lunch  
**12:30 Dominos**

**24.**  
 8:30 Balanced Power  
 8:30 Table Games  
 10:30 Joyful Singing  
 11:30 Prime Time Lunch  
**12:30 Dominos**  
**5:00 POT LUCK BINGO**

**31.**  
 8:30 Balanced Power  
 8:30 Table Games  
 10:30 Joyful Singing  
 11:30 Prime Time Lunch  
**12:30 Dominos**

**WEDNESDAY**

**11.**  
 8:00 Fitness Walking  
 8:30 Table Games  
 8:45 Strength Training  
**10:00 Wednesday Dance**  
 11:30 Prime Time Lunch  
**12:30 Bridge**

**18.**  
 8:00 Fitness Walking  
 8:30 Table Games  
 8:45 Strength Training  
**10:00 Wednesday Dance**  
 11:30 Prime Time Lunch  
**12:30 Bridge**

**25.**  
 8:00 Fitness Walking  
 8:30 Table Games  
 8:45 Strength Training  
**10:00 Wednesday Dance**  
 11:30 Prime Time Lunch  
**12:30 Bridge**

**THURSDAY**

**5.**  
 8:30 Balanced Power  
 8:30 Table Games  
 10:00 Stitch-N-Beads  
 11:00 Atlas Star Energy  
 11:30 Prime Time Lunch  
**12:30 Texas Hold'em Lessons**  
 2:00 Parkinson's Support

**12.**  
 8:30 Balanced Power  
 8:30 Table Games  
 10:00 Stitch-N-Beads  
 11:30 Prime Time Lunch  
**12:30 Texas Hold'em Lessons**  
 2:00 Parkinson's Support

**19.**  
 8:30 Balanced Power  
 8:30 Table Games  
 10:00 Stitch-N-Beads  
 11:30 Prime Time Lunch  
**12:30 Texas Hold'em Lessons**  
 2:00 Parkinson's Support

**26.**  
 8:30 Balanced Power  
 8:30 Table Games  
 10:00 Stitch-N-Beads  
 11:30 Prime Time Lunch  
**12:30 Texas Hold'em Lessons**  
 2:00 Parkinson's Support



July 6, 2007

"Dream Girls"

**FRIDAY**

**6.**  
 8:00 Fitness Walking  
 8:30 Table Games  
 8:45 Strength Training  
**9:30 Senior Movie**  
 9:45 Tai Chi  
 11:30 Prime Time Lunch

**13.**  
 8:00 Fitness Walking  
 8:30 Table Games  
 8:45 Strength Training  
 9:45 Tai Chi  
**10:30 Food Pantry**  
 11:30 Prime Time Lunch

**20.**  
 8:00 Fitness Walking  
 8:30 Table Games  
 8:45 Strength Training  
 9:45 Tai Chi  
**10:00 Super Bingo**  
 11:30 Prime Time Lunch  
 11:30 Sing With Marvin

**27.**  
 8:00 Fitness Walking  
 8:30 Table Games  
 8:45 Strength Training  
 9:45 Tai Chi  
**10:00 Birthday Party**  
 11:30 Prime Time Lunch



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## Special Events

Craft Club Craft Booth  
is open :  
Monday 9 am-12 pm  
Friday 8:00 am ~ 8:30 pm

### Remember

Computer Lab is open  
8:30 am ~ 5:00 pm, Mon - Fri  
\*New Instructor. Classes are  
Mondays and Fridays!\*

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## New Classes

Country and Western  
Dance Lessons  
Wed at 2:00pm  
Ballroom Dance Lessons  
Wed at 3:00pm

Senior Recreation Center ~ Eunice

1000 Eunice Street Arlington, Texas 76010

817-277-8091

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. 9:00 Yoga/ Craft Club 9:45 Exercise 10:30 Weight Room Class 11:30 Ukulele Lessons 12:30 Ukulele Band 1:00 Watercolor Painting / Intro PC 2:00 Kitchen Band 3:00 Internet 101 5:30 Game Night & Step N Stretch 7:00 Merry Rounders	3. 9:30 Watercolor Club 10:30 Pilates 1:00 Drop In Bridge 1:30 Line Dance Lessons	4.  Center Closed	5. 9:30 Exercise 10:30 Pilates 1:00 55 Alive 5:30 Game Night 5:30 Step N Stretch 7:00 Mel's Round Dance	6. 1:00 55 Alive 1:00 Drop In Bridge / Intro PC 3:00 Internet Class 7:00 Band Dance Last Call (C&W)
9. 9:00 Yoga/ Craft Club 9:45 Exercise 10:30 Weight Room Class 11:30 Ukulele Lessons 12:30 Ukulele Band 1:00 Watercolor Painting / Intro PC 2:00 Kitchen Band 3:00 Internet 101 5:30 Game Night & Step N Stretch 7:00 Merry Rounders	10. 9:30 Watercolor Club 10:30 Pilates 1:00 Drop In Bridge 1:30 Line Dance Lessons	11. 9:00 Yoga 9:45 Exercise 10:00 Sr. Men's Club 10:30 Weight Room Class 1:00 Oil Painting / Intro PC 2:00 C&W Dance Lessons 3:00 Ballroom Dance Lessons	12. 9:30 Exercise 10:30 Pilates 5:30 Game Night 5:30 Step N Stretch	13. 9:00 Navy Mom's 1:00 Drop In Bridge / Intro PC 3:00 Internet Class 7:00 Band Dance Gary Lee (BB)
16. 9:00 Yoga/ Craft Club 9:45 Exercise 10:00 NARFE 10:30 Weight Room Class 11:30 Ukulele Lessons 12:30 Ukulele Band 1:00 Watercolor Painting / Intro PC 2:00 Kitchen Band 3:00 Internet 101 5:30 Game Night & Step N Stretch 7:00 Merry Rounders	17. 9:30 Watercolor Club 10:30 Pilates 1:00 Drop In Bridge 1:30 Line Dance Lessons	18. 9:00 Yoga 9:45 Exercise 10:30 Weight Room Class 1:00 Oil Painting 2:00 C&W Dance Lessons 3:00 Ballroom Dance Lessons	19. 9:30 Exercise 10:30 Pilates 2:00 Ole Timer's 5:30 Game Night 5:30 Step N Stretch 7:00 Mel's Round Dance	20. 1:00 Drop In Bridge / Intro PC 3:00 Internet Class 7:00 Band Dance Tina Turner (C&W / Variety)
23. 9:00 Yoga/ Craft Club 9:45 Exercise 10:30 Weight Room Class 11:30 Ukulele Lessons 12:30 Ukulele Band 1:00 Watercolor Painting / Intro PC 2:00 Kitchen Band 3:00 Internet 101 5:30 Game Night & Step N Stretch 7:00 Merry Rounders	24. 9:30 Watercolor Club 10:30 Pilates 1:00 Drop In Bridge 1:30 Line Dance Lessons	25. 9:00 Yoga 9:45 Exercise 10:30 Weight Room Class 1:00 Oil Painting 2:00 C&W Dance Lessons 3:00 Ballroom Dance Lessons	26. 9:30 Exercise 10:30 Pilates 5:30 Game Night & 5:30 Step N Stretch	27. 1:00 Drop In Bridge / Intro PC 3:00 Internet Class 7:00 Band Dance High Caliber (BB / Variety)
30. 9:00 Yoga/ Craft Club 9:45 Exercise 10:30 Weight Room Class 11:30 Ukulele Lessons 12:30 Ukulele Band 1:00 Watercolor Painting / Intro PC 2:00 Kitchen Band 3:00 Internet 101 5:30 Game Night & Step N Stretch 7:00 Merry Rounders	31. 9:30 Watercolor Club 10:30 Pilates 1:00 Drop In Bridge 1:30 Line Dance Lessons			

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